Amendments to the Specification:

Please replace the last paragraph on page 6 of the originally filed application, which continues on to page 7, with the following amended paragraph:

The head rest 32 may be selectively held in an upward position with respect to ground piece 30 using braces 36. Braces 36 are rotatably connected to head rest 32 with brackets 42. (Brackets 42, 44a, 44b, 46 and 48 discussed herein may be the same type as bracket 40 or other configuration.) The opposite end of brace 36 is also rotatably connected to ground piece 30 at brackets 44a. Preferably this connection can be released with relative ease so that the head rest 32 can be selectively collapsed against ground piece 30. In one embodiment, head rest 30 and a dropped middle 45 at a top portion of the brace (see FIG. 3A). Dropped middle 45 is designed to accommodate a cushioning pad described herein.